

I Know How to Handle My Problems or Where to Get Help.

AREA: Knowledge of Self and Others
CATEGORY: Understanding and Accepting Myself
TIME: 30 minutes
GROUP SIZE: Class
MATERIALS: None

GRADE LEVEL: 2-3

Making Choices

Introduction:

In this lesson, students will improve their decision-making abilities by exploring constructive ways to meet their needs.

Procedure:

1. With input from the class, write problems on the board that students may be experiencing. For example, a homework assignment is too difficult or another student is teasing them.
2. Define the word *solution* and ask students to suggest solutions to the problems. Define the word *alternative* and ask students to list the many alternatives. Define the word *consequence* and discuss the consequences of each alternative.
3. Explain that by thinking about solutions, alternatives, and consequences, students can learn how to handle their own problems.
4. Ask the class to explore the following problems using the steps described above.
 - a) You forgot your lunch money today. Would you:
 - 1) borrow money from the teacher?
 - 2) go without lunch?
 - 3) call home and ask your parent or guardian to bring your lunch to school?
 - 4) share a friend's lunch?
 - b) You found a wallet containing \$20.00 with the owner's name in it. Would you:
 - 1) keep the wallet and the money?
 - 2) give it to a police officer?
 - 3) throw away the wallet and keep the money?
 - 4) leave it there?
 - 5) ask an adult to contact the owner?
 - c) You are playing at a friend's house. During the visit, your friend dares you to try one of the pills in the medicine cabinet. Would you:
 - 1) take one with your friend just to try it?
 - 2) find an excuse to leave so you could go home?
 - 3) make believe you took it and throw it away?
 - 4) tell your friend, "No, I don't want to take one. It may make me sick."
5. Create more problems to explore. Guide the students in role-playing some solutions. Encourage each student to choose his or her own solution. There may be several acceptable solutions to a particular problem.

Notes:

Be prepared to help students make acceptable choices that meet their needs. Be aware of students who make no choice or questionable choices.

Evaluation Suggestions:

Refer to Section VI of the manual.